



# PRAKTIK 1

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*Pelatihan  
MBI DKI Jakarta  
Sesi 1  
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# DUDUK & JALAN

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*B. Nyanabhadrā* [釋學賢]



**MEDITASI**  
**V.S.**  
**REVOLUSI TEKNOLOGI**

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*Slow down v.s. Speed Up*

**THE POWER  
OF  
HABIT**

**(SKT: VĀSANĀ, TIB: བག་ཆགས་)**





HABITS  
OF  
MIND

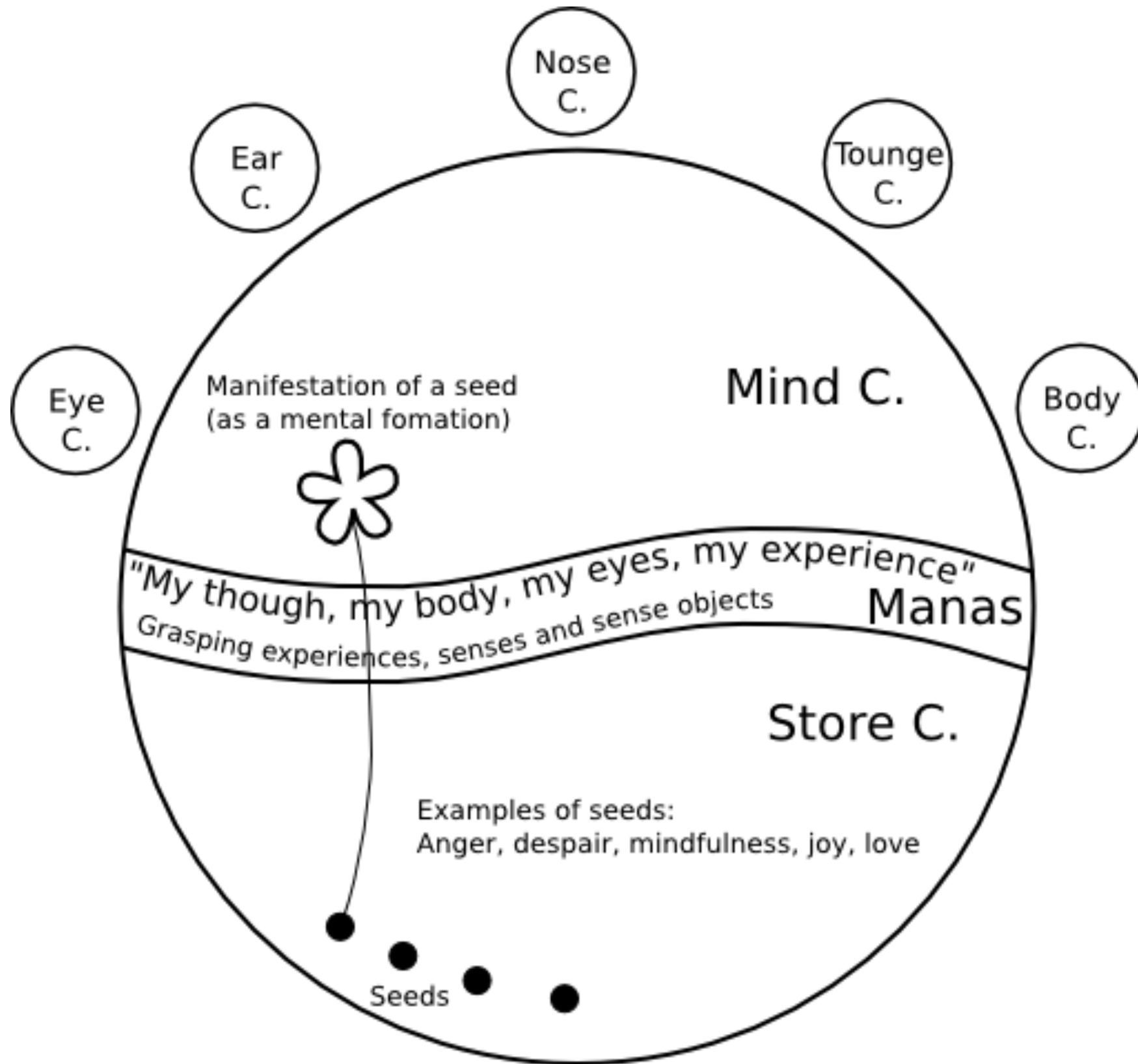
## MAKNA HABIT

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- Jejak yang terbentuk di masa lalu, memberi pengaruh di masa sekarang, dan terus berubah
- Kesan yang tersisa di memori
- Kecenderungan sikap, pola, jejak karma yang dibentuk oleh pengulangan

**HABIT = BIJI**

**(SKT: BĪJA, CH: 種子)**



“

*Perbuatan, ucapan, dan pikiran* memberi pengaruh kepada **koneksi neuron** dalam otak



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Jadikan **meditasi** sebagai **habit** baru untuk mempengaruhi cara kita merespon *fenomena internal* dan *eksternal*.

# REWIRING THE BRAIN

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## REWIRING THE BRAIN

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### Teaching an Old Dog New Tricks

Previously, scientists thought that the brain's structure was hard-wired and immutable. Brain-damaged patients rarely made full recoveries and the living brain's microscopic activities were unobservable. The widely held belief was that the brain was a machine: machines are capable of many things, but they do not change and grow.

New research has taught us that **the brain is actually plastic, it is able to change based on experiences.** Even in old age, the adult brain retains neuroplasticity and is able to change its structure and function. It turns out you can teach an old dog new tricks!



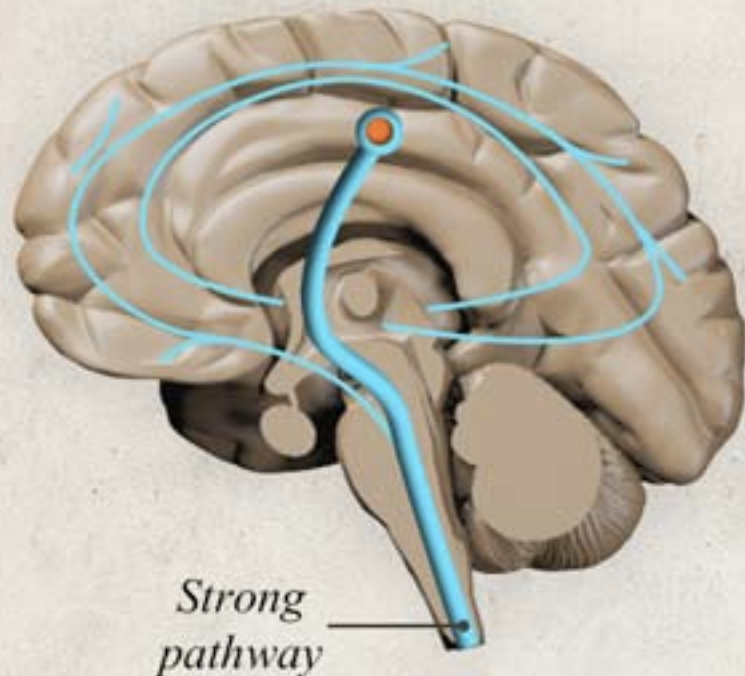


# PATHWAYS & NEUROPLASTICITY

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## Pathways

Neural pathways **connect relatively distant areas of the brain or nervous system**, each pathway is associated with a particular action or behavior.



Every time we think, feel or do something, **we strengthen this pathway. Habits are well travelled pathways** – our brain finds these things easy to do.

## Neuroplasticity



New thoughts and skills **carve out new pathways.**



Repetition and practice **strengthen these pathways**, forming new habits.



Old pathways **get used less and weaken.**

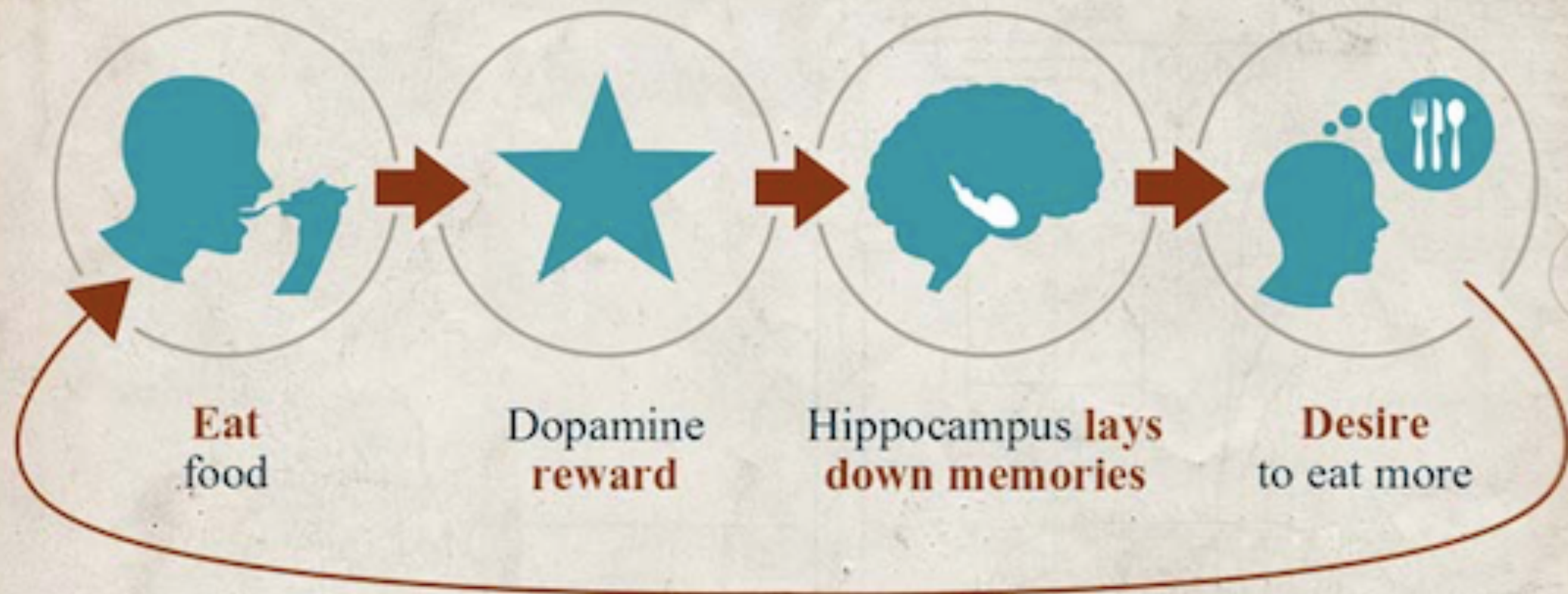
With **repeated and direct attention** towards a desired change, we all have the ability to **rewire our brains.**



# THE ADDICT'S BRAIN

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*“Hey, this cake is really good.  
I’m going to remember that for the future.”*



— THE ADDICT'S BRAIN —



# HABITS & TRIGGERS

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## HABITS & TRIGGERS



*"Habits play an important role in our health. Understanding the biology of how we develop routines that may be harmful to us, and how to break those routines and embrace new ones, could help us change our lifestyles and adopt healthier behaviors."*

**Dr. Nora Volkow - National Institute of Health**

**Recognize and avoid triggers:**



**Environmental  
triggers**

*Places, locations,  
smells, sounds*



**Social  
triggers**

*Family, friends,  
other users*



**Emotional  
triggers**

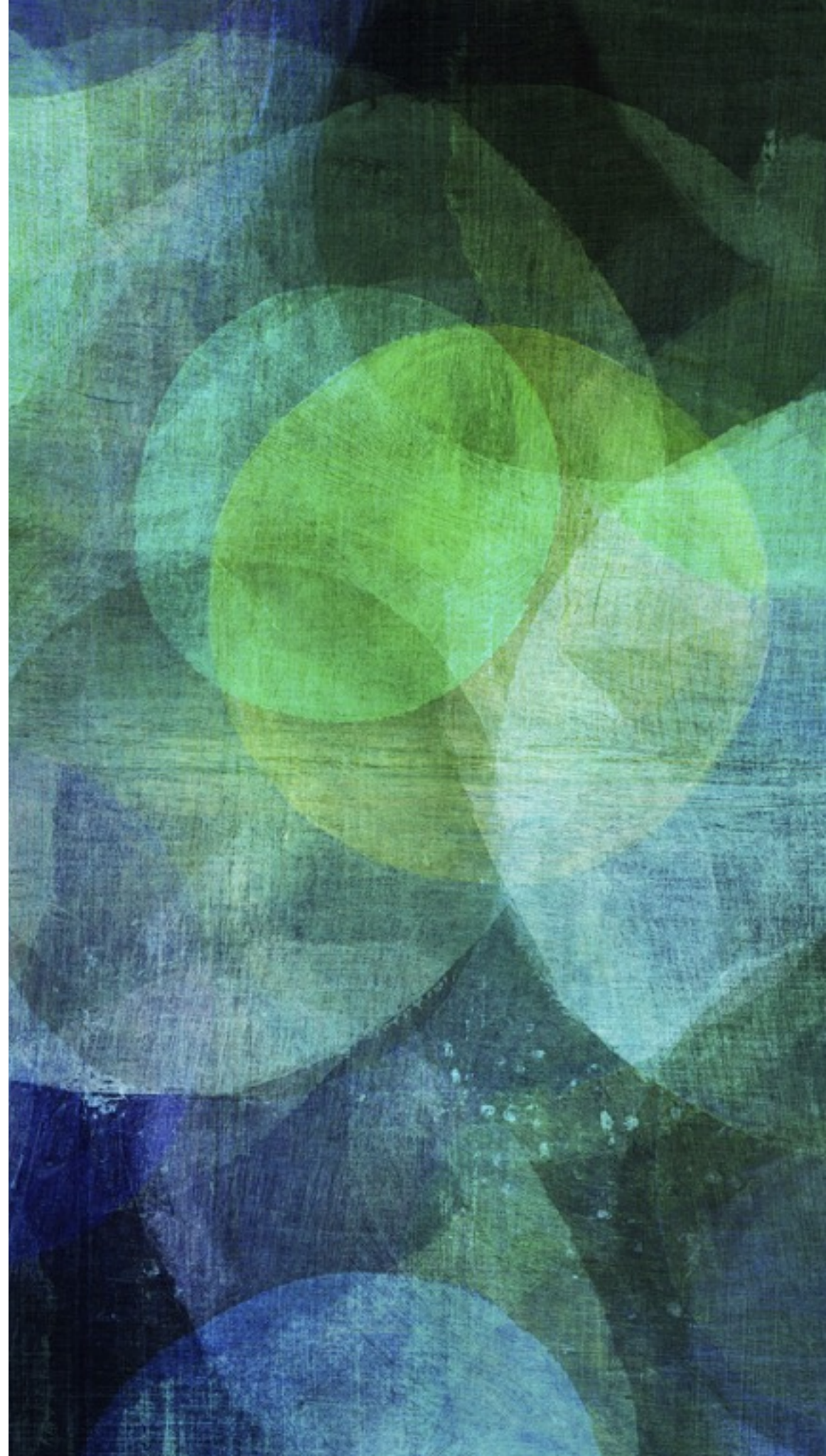
*Depression, stress,  
exhaustion, frustration,  
anger, anxiety, loneliness*



# SAMATHA & VIPASYANA

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*Meditasi Buddhis*





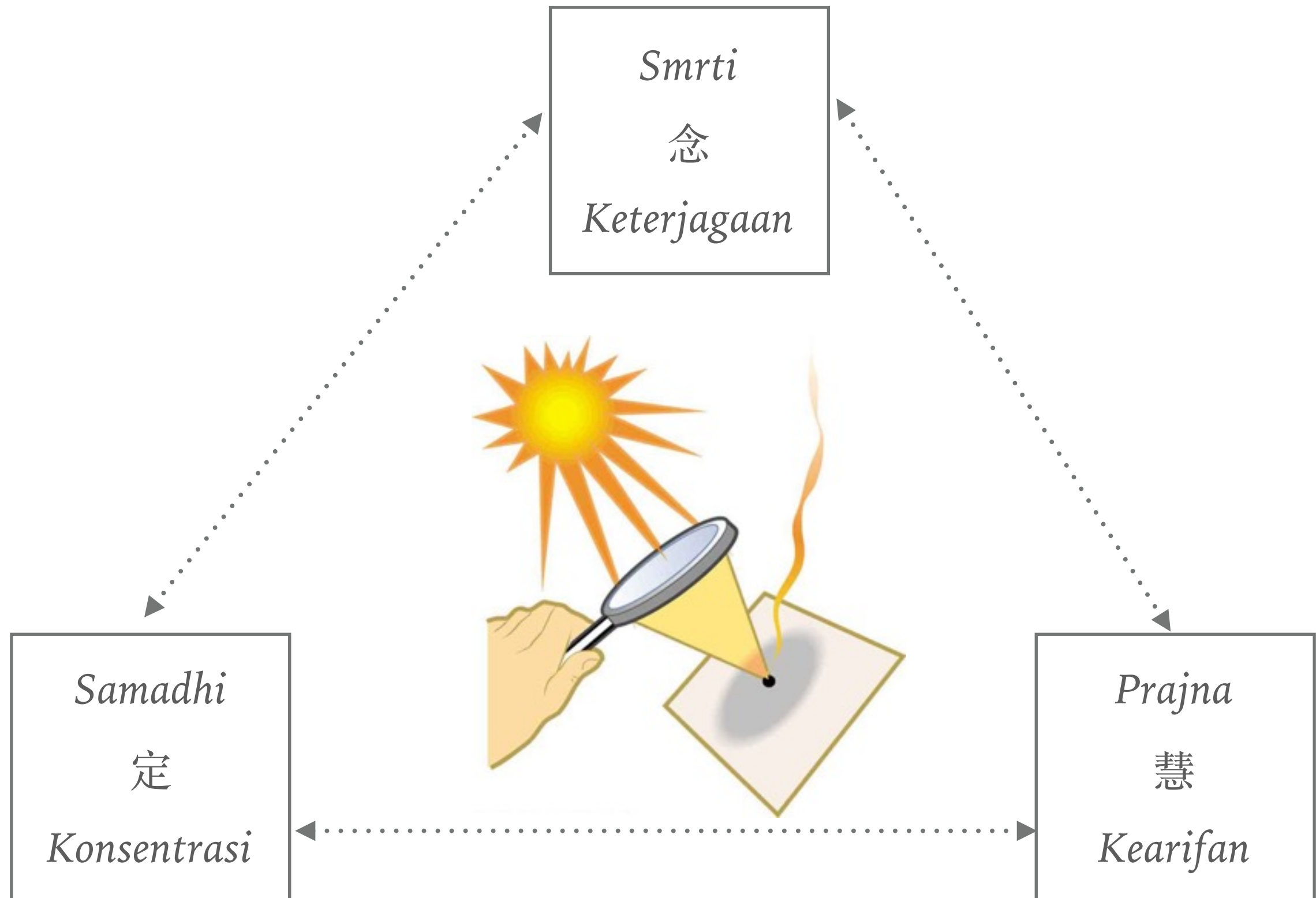
**SAMATHA = BERHENTI**



*Kapan Istirahat mental dan fisik?*

# TIGA ELEMEN PENTING

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DON'T TRY  
TO RUSH THINGS  
THAT NEED TIME  
TO GROW.

# SATIPATTHANA

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➤ **Duduk**

➤ **Jalan**

➤ Berdiri

➤ Berbaring

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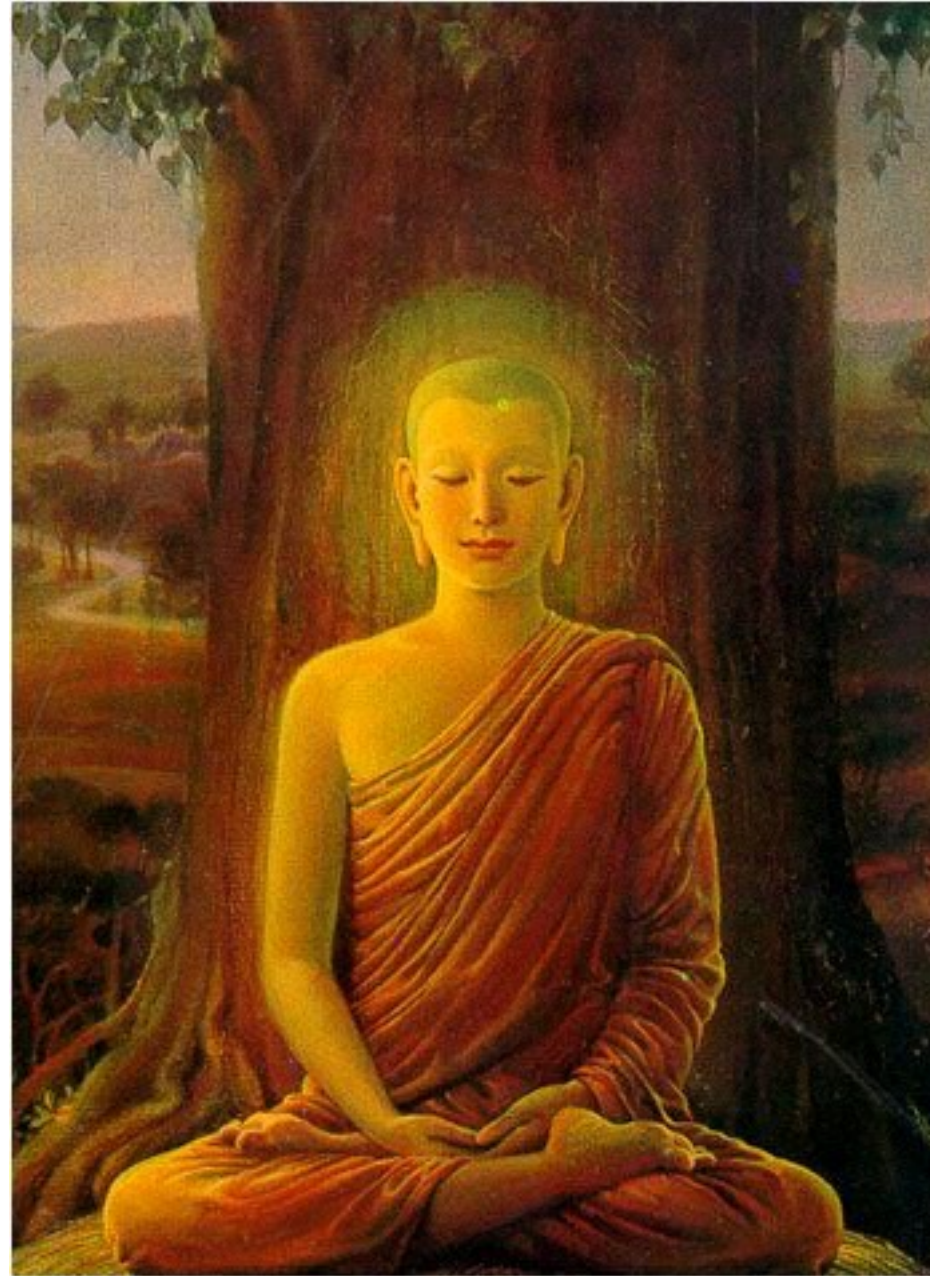
➤ **Bernapas**

➤ Makan - Minum

➤ Berbicara - Mendengar

➤ Bekerja

➤ Aktivitas Lain



# MEDITASI DUDUK





# BEBERAPA SARAN

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- Tempat Khusus
- Perlengkapan (matras, bantal/  
ganjaran, jam, dll)
- Lakukan secara rutin (minimal  
10 menit atau lebih)
- Waktu tepat: Pagi Hari,  
alternatif lain siang atau  
malam
- Relaks dan Senyum



# POSTUR TUBUH

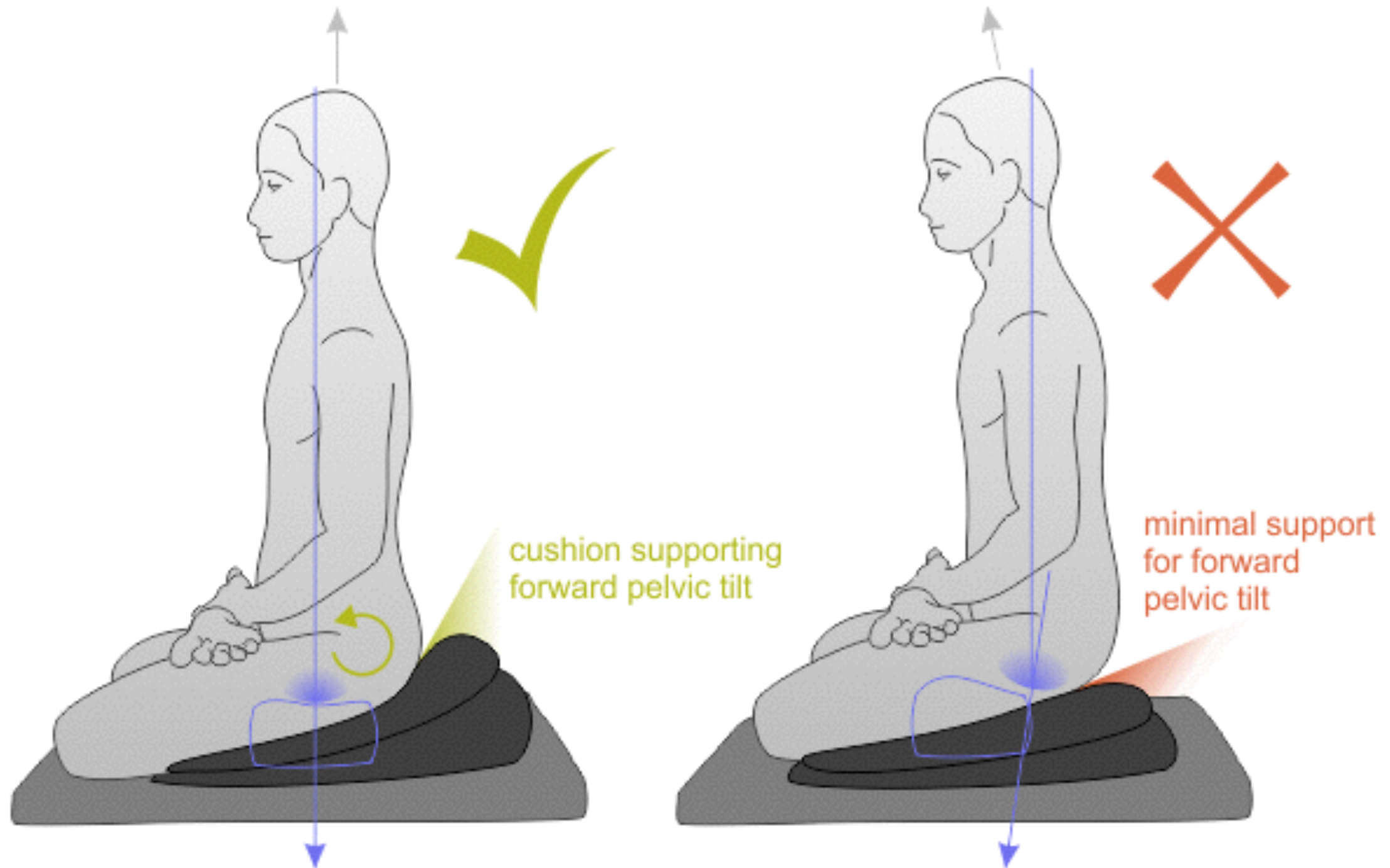
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- Kaki
- Punggung
- Tangan (Mudra)
- Bahu
- Leher
- Kepala
- Mata
- Lidah

# POSTUR DUDUK DI LANTAI

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# POSTUR DUDUK DI KURSI

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# METODE MEDITASI

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- 16 Langkah dalam Anapanasati
  1. Napas masuk/keluar
  2. Mengikuti napas masuk/keluar
  3. Menyadari badan jasmani
  4. Relaksasi badan jasmani
- Hitung napas
- Pemindaian tubuh (*Body scanning*)
- Mendengar suara sekeliling
- Guided Sitting Meditation





# NASIHAT TAMBAHAN

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- Kembalikan pikiran dengan kelembutan ketika ketahuan sedang berkelana atau melompat acak
- Jangan memarahi pikiran
- Jangan mencoba mengosongkan pikiran
- Ingat relaks dan senyum ketika Anda duduk di manapun
- Cari komunitas

**VIPASYANA = MENATAP LEBIH DALAM**





# MENATAP DALAM APA?

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## ► Dunia Internal

- Pikiran
- Perasaan
- Persepsi
- Bentuk-bentuk pikiran
- Organ tubuh
- Otot
- Detak jantung
- dll





# MENATAP DALAM APA?

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## ► Dunia Eksternal

- Keluarga
- Teman
- Tetangga
- Lingkungan kerja
- Wihara
- Hutan
- Taman
- dll



# AUTOMATIC V.S. MANUAL

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# MEDITASI JALAN





# BEBERAPA SARAN

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- Praktik di tempat yang memungkinkan (Rumah, taman, hutan, kompleks perumahan, dll)
- Tatapan mata
- Dengarkan (Suara, derap langkah, hujan, dll)
- Aroma
- Rasakan (kontak kaki dengan bumi, lantai, bebatuan, hembusan angin, hangatnya matahari, dll)
- Pikiran

# TUGAS HARIAN

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- Meditasi duduk minimal 15 menit (teknik napas)
- Meditasi jalan pelan (relaks badan, menyadari sentuhan kaki dan lantai, boleh coba satu langkah satu napas): Jalan di taman, naik tangga, dll
- Tuliskan laporan pengalaman praktik setiap hari (dikumpulkan pada akhir pertemuan).
- Download form catatan harian meditasi di

<http://nyanabhadra.org/mbi-dki/>





THANK YOU!